

A DEVOTIONAL FOR THE ELECTION SEASON

Grace Episcopal Church Clergy

Devotional One: Praying Our Emotions

*Put your trust in the Lord always, O people,
pour out your hearts, for God is our refuge.*

PSALM 62:8

The presidential election can take a toll on our mental health. We experience a wide array of emotions during this time leading up to the election, ranging from fear and anger to stress and deep sadness, often accompanied by anxiety about the future. It is also possible that some of us are also experiencing joy and excitement. Those emotions are all valid, and it's OK to feel them.

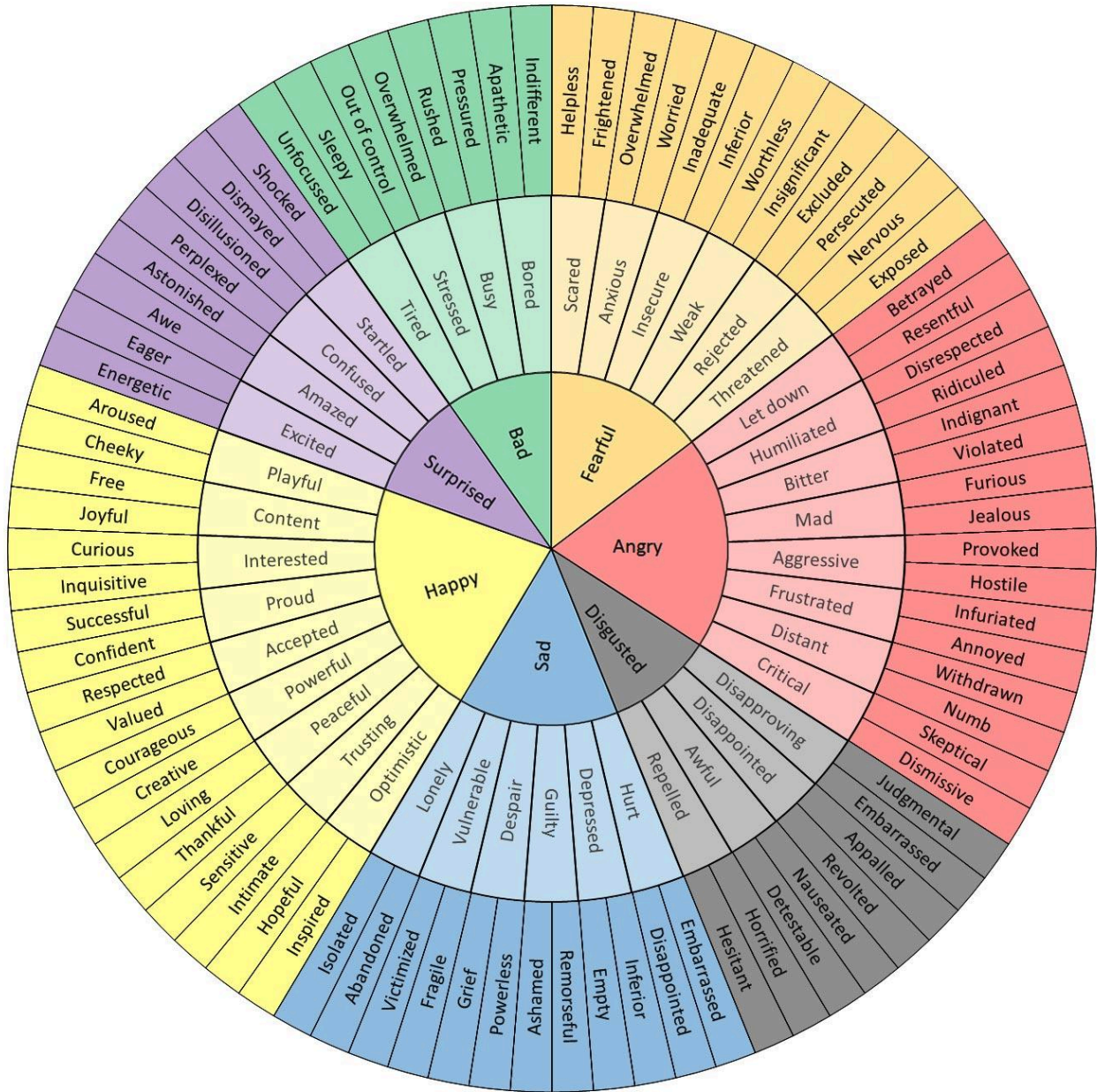
Leading up to the election, we will offer a bimonthly devotion to bring our election emotions before the Lord, and ask God for the peace, wisdom, and compassion we need to face the weeks and months ahead.

POUR OUT YOUR HEARTS TO THE LORD

We start by naming and praying our emotions. By identifying them, we learn how they influence our mind and behaviors, and how to communicate them to others.

Use the emotion wheel below to explore the range and complexity of your emotions. The center shows intense emotions, the middle layer has core emotions, and the outer layer has milder forms. Combined emotions are between each spoke. Identify one or two emotions that best describe your current feelings.

Take a moment to reflect on your current emotions. Identify what you're feeling - whether it's fear, anger, joy, sadness, anxiety, excitement, or any other emotion. Once you've recognized your emotion(s), bring it to the Lord in prayer or through journaling.



PRAYER PROMPT

“Lord Jesus, I come before you with [name your emotion(s)]. I feel [describe how the emotion affects you]. Help me to understand and navigate this feeling. I lay it at your feet, trusting in your guidance and peace. Grant me strength and wisdom, and fill my heart with your love. Amen.”

JOURNALING PROMPT

Write about the emotion(s) you are experiencing. Describe how it impacts your thoughts and actions. Then, write a prayer to God, asking for help and guidance in dealing with this emotion. Reflect on how you can trust God with your feelings and find peace in God's presence.

You can revisit the emotion wheel as often as you need, especially as your emotions change or shift.

SCRIPTURE

Psalm 62 is a powerful scripture about bringing our emotions to the Lord. Verses 5-8 are particularly relevant. Read the passage slowly a couple of times. Pay attention to the words, images, phrases, or memories that are stirred within you.

5 For God alone my soul in silence waits; *
truly, my hope is in the Lord.

6 God alone is my rock and my salvation, *
my stronghold, so that I shall not be shaken.

7 In God is my safety and my honor; *
God is my strong rock and my refuge.

8 Put your trust in the Lord always, O people, *
pour out your hearts, for God is our refuge.

An Inclusive Language Psalter, Based on the Psalms from the 1979 Book of Common Prayer (BCP)

PRAYER FOR SOCIAL JUSTICE

BCP, p. 823

Grant, O God, that your holy and life-giving Spirit may so move every human heart and especially the hearts of the people of this land, that barriers which divide us may crumble, suspicions disappear, and hatreds cease; that our divisions being healed, we may live in justice and peace; through Jesus Christ our Lord. Amen.

CLOSING PRAYER

God of all mercy, your wisdom is beyond our understanding.
Shield the joyous and protect the vulnerable.
Look graciously, we pray, on all who are

anxious, sad, angry, and restless this election season.
Surround them with your love,
that they may not be overwhelmed by their emotions,
but trust in your goodness and strength
to help them face the future;
through Jesus Christ our Lord. Amen.

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GRACE EPISCOPAL CHURCH

3601 Russell Road • Alexandria, VA 22305

703.549.1980 • welcome@gracealex.org



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